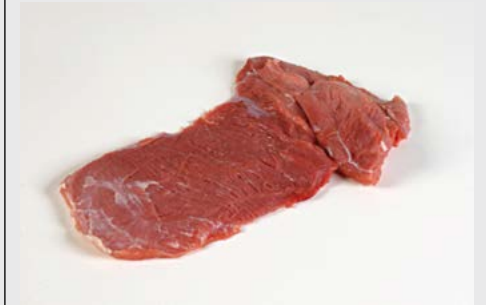
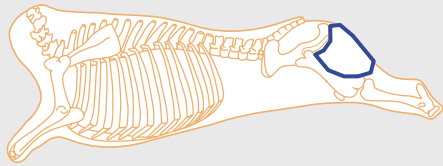


# Topside Cap Muscle (gracilis)

Code:

Topside V003



1. Position of the topside.

2. Remove the loosely attached cap muscle (gracilis) by cutting along the natural seam.

3. Cap muscle (gracilis) untrimmed.

4. Excess fat and



5. gristle removed.

